

FLAME

AND
ICE

WARM, COOL
& SPICY VEGAN
RECIPES FROM
HOT & SOUL.

by
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Fire and Ice

To make veggie broth, just cheat like I often do and use veggie bouillon and water, I increase the amount of bouillon cubes by 50% over what they recommend, usually then it tastes like something!

BLAZING TOFU

Heat may be adjusted up or down according to taste.

- 1 lb. pre-fried tofu cubes or triangles
 - 2 bell peppers, one red and one orange, seeded and chopped
 - 3 cloves garlic, minced
 - 1 white onion, chopped
 - a few mixed hot peppers, seeded and minced
 - 2 Tbsp. minced ginger
 - 1/2 C. chopped cilantro
 - 1/2 C. chopped thai basil
 - 1/4 C. tropical fruit jelly
 - 1 Tbsp. sesame oil
 - 1 Tbsp. corn oil
 - soy sauce to taste
 - 2 Tbsp. plum vinegar or Chinese black vinegar
 - 2 Tbsp. (or more) chili sauce/ Sambal
- 

2 tsp. hot sauce (more to taste)
2 tsp. hot curry powder
1 tsp. cumin seed (toast first if you can)
1 tsp. five spice
1/4 C. lemon or lime juice
1/3 C. water, broth, or fruit juice
sweetener to taste if desired, rice syrup works the best
2 tsp. minced lemongrass
1 Tbsp. tamarind paste or pomegranate concentrate

You're not going to believe this- heat all of the ingredients in a pot and simmer for 20 minutes, stirring occasionally. Keep the lid on for about half of the cooking time. Adjust seasonings to taste and serve with seasoned rice.

If you want to add one step, sauté the onion, garlic, ginger and spices in the oil briefly with some lime juice first before adding everything else. Thicken the sauce with cornstarch if you want to.

Season Your Rice for This- Use long grain basmati, cooking the rice with salt, garlic, onion, cumin seed, saffron, black sesame seeds, mustard seeds, chili powder and cinnamon to taste.

SALT CUCUMBER

3 cucumbers, cut into strips

1 carrot, peeled and shredded

1 t salt, at least

1/4 C. seasoned rice or white vinegar

2 tsp. panch phoran (Persian spice mix)

1 small onion, cut into thin strips

a handful of chopped cilantro

some chopped fenugreek leaves

1 Tbsp. sesame oil

2 Tbsp. corn oil

lemon juice to taste

2 Tbsp. fresh grated roots- use galangal, burdock,
turmeric

Toss all together in a bowl, cover and allow to
marinate for an hour, stirring every once in a while.

Serve as the salty side to Blazing Tofu and Seasoned
Rice.

CURRIED PINEAPPLE "CREAM CHEESE"

8 oz. vegan cream cheese

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1/2 C. fresh pineapple, crushed
2 Tbsp. lime juice (more to taste)
1 Tbsp. corn oil or olive oil
1/4 C. white onion, minced
2 Tbsp. minced cilantro
1/4 C. coconut milk
1 Tbsp. yellow curry powder
salt and sweetener to taste

Mix all together and chill. Adjust to taste and serve as the cool, raita-like accompaniment to Blazing Tofu and Salt Cucumber.

"CHICKEN" YASSA

1 lb. shredded veggie chicken
1 minced red bell pepper
1 minced onion
2 minced carrots
4 minced garlic cloves
1 tsp. minced ginger
2 minced spicy green chilies
1/4 C. chopped cilantro
1 Tbsp. minced marjoram or oregano
2 tsp. yellow curry powder

1/2 tsp. ground coriander
1 tsp. chili powder
pinch saffron
juice of 1 lemon
salt, pepper and red pepper flakes to taste
sweetener, if desired
a few dashes of soy sauce
several Tbsp. peanut oil (or corn or olive, etc.)
optional: a bit of coconut milk and chopped tomato
may be added

Heat oil in a large skillet. Add onion and garlic and sauté briefly. Add "chicken", curry powder, ginger, chilies, chili powder, saffron, coriander and a bit of lemon juice and stir. Add some soy sauce and cook for a couple of minutes, until "chicken" begins to brown. Add the rest and cook, stirring and adjusting seasonings, until done to your liking. About 8 minutes. Serve with rice, seasoned with lemon and tossed with margarine.

Garnish with minced chives and chopped roasted and salted peanuts.

SUGGESTED MENUS FOR A WILD DINNER PARTY OR LUNCHEON

- BLAZING TOFU w/ SEASONED RICE (p.1)
 - SALT CUCUMBER (p.3)
 - CURRIED PINEAPPLE "CREAM CHEESE" (p.3)
 - * ADD - SPIRAL RICE PANCAKES (p.27)
w/ LIME COCONUT (p.28) & MANGO RELISH
IF YOU DARE!
 - MELON LASSI (p.65)
 - STAR OF BOMBAY (p.58)
- ↑ THIS HAS BEEN A CUSTOMER
FAVORITE WITH GREAT CONTRAST IN
FLAVORS & TEXTURES

- "CHICKEN" YASSA w/ LEMON RICE (p.4)
- LEMON-LIME AVOCADO SALAD (p.5)
- GUAVA PARFAIT (p.66)
- STRAWBERRY WINE (p.64)
- VARIOUS SIDES, FRUITS & PICKLES 75
- CURRIED BANANA SANDWICHES (p.48)

↑ EASY TO LIKE WEST AFRICAN,
DON'T BE AFRAID OF THE BANANA SANDWICH!

some lemon juice, ginger, rest of the chili powder, salt and pepper to taste and some hot sauce and olive oil. Set this aside.

Marinate the shredded lettuce in rice vinegar, salt and pepper to taste. Lay a bed of this down on a plate. Follow with a layer of the sliced tomatoes, sprinkled with salt and pepper. Next some red onion sprinkled with lime juice. Add a scoop each of guacamole and blackeyed pea mixture. Sprinkle with parsley and cilantro, drizzle with lemon or lime juice and chili oil.

FIRE "BEEF"

First, toast 1/4 C. sesame seeds, mix with salt to taste and grind into a powder.

2 lbs. veggie "beef" cut into chips
2 or 3 chopped bell peppers (big chunks)
1 chopped onion (big chunks)
3 minced garlic cloves
1 Tbsp. minced ginger
1/4 C. minced chives
several Tbsp. brown sugar
cherry tomatoes

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small whole chilies
black pepper and red pepper flakes to taste
1/3 C. soy sauce
2 Tbsp. chili sesame oil
hot sauce to taste

Mix all of this together and allow to sit for a while. Place the items on skewers and grill, turning and basting with leftover sauce, until cooked and displaying some nice grill marks (broiling works also, remember to turn them). Or fry all of the business in a wok. Serve with rice, hot mustard, fruit chili sauce and lemon wedges, good stuff. Add mushrooms to this affair, if desired.

GIANT CRÊPE WITH SPICY DICED VEGETABLES AND CASHEW TEMPEH

1 1/2 C. buckwheat flour
1 C. unbleached white flour
1 1/4 tsp. salt
1 Tbsp. sugar
2 tsp. potato or corn starch
1 1/4 tsp. baking powder
3 Tbsp. melted margarine

2 1/4 C. soy or oat milk (unflavored, cashew is good too)

black pepper and chili powder to taste

peanut oil to grease

Mix together dry ingredients. Add the wet and gently incorporate with a whisk to make a relatively smooth batter. Spread 1/2 C. of batter on a large lightly greased skillet or flat pan to make a thin 12" to 18" circle over medium heat (use a bit more batter if necessary). Flip once with a large spatula (or two) when the bottom side has cooked and begun to brown lightly (this will take only a few minutes), then cook the other side in the same manner, which will take only a minute or two. Roll your crêpes with tempeh filling, top with vegetable sauce.

1 lb. ground seasoned tempeh

1/4 C. soy sauce

1 Tbsp. minced ginger

3 minced garlic cloves

1 minced green bell pepper

2 Tbsp. brown sugar

1 tsp. chili powder

1/2 tsp. ground coriander
1/2 tsp. ground allspice
1/4 tsp. ground cinnamon
1 minced hot chili
1 minced onion
1 C. salted roasted cashews
2 Tbsp. minced herbs
2 Tbsp. lemon juice

Fry this here in some oil until browned, adding more seasonings as needed.

1 diced eggplant
1 chopped onion
2 minced garlic cloves
1 minced carrot
2 chopped bell peppers
2 or 3 minced chilies
2 tsp. curry powder
1 tsp. chili powder
1/2 C. orange juice
1/2 C. coconut milk
1/2 C. vegan sour cream mixed with 2 Tbsp. lemon juice
1 bunch chopped cilantro

1 bunch basil leaves

salt and pepper, chili flakes and hot sauce to taste
oil

Fry the veggies and chilies in oil with some salt and pepper for several minutes. Add seasonings and cook, stirring. Add orange juice and coconut milk, basil and cilantro and cook for 5 minutes. Adjust seasonings again. Serve with crêpes stuffed with cashew mixture.

Top with toasted coconut, mung bean sprouts, chopped peeled cucumber, and chili sauce. Garnish with lime wedges and orange slices.

GREEN PLANTAIN CHIPS

4 unripe plantains

salt, pepper, lime juice and chili powder to taste
oil for frying

Peel and thinly slice the plantains. Soak in salted for 1 hour. Drain and pat dry. Fry in hot oil until tender. Remove from oil, drain and pat flat. Season with a bit of salt and pepper and fry again until crispy. ||

Sprinkle with lime juice and dust with chili powder and more salt and pepper to taste.

SPICY EMPANADAS

1 lb. veggie ground beef or shredded "chicken"
1 or 2 chopped bell peppers
1 minced onion
3 cloves minced garlic
1 minced carrot
3 minced hot chilies
1/4 C. chopped cilantro
1/4 C. chopped basil
2 Tbsp. minced oregano or marjoram
soy sauce/ salt and pepper to taste
chili flakes or hot sauce to taste
1 cooked diced potato
1 tsp. ground cumin
1 tsp. chili powder
lemon juice to taste
2 tsp. minced ginger
oil for frying

Sauté "beef" in some oil with onions and garlic, with a bit of soy sauce. Add other ingredients, but using

only half of the herbs, and cook until the "meat" is browned. Set aside to cool to room temperature. Make dough.

Dough:

1 C. flour
1/2 tsp. salt (more to taste)
1/3 C. plus 1 Tbsp. margarine
1 tsp. baking powder
3 Tbsp. cold water (more as needed)

Sift dry ingredients together, cut in margarine. Add cold water and form into dough. Allow to sit in fridge for a little while. Form into desired number of balls. Roll out 1/4" thick (thinner if you can) circles on floured board. Stuff each with a couple of Tbsp. filling, fold over and crimp the edges and deep fry until browned. Drain on absorbent paper and dust with chili powder.

Serve with Spicy Herb Sauce.

SPICY HERB SAUCE

1 C. vegan sour cream

3 Tbsp. lemon juice
1 tsp. chili powder
2 garlic cloves
2 or 3 green chilies
1 C. mixed herbs
1/4 C. olive oil
salt and pepper to taste

Puree all until smooth, add a bit of liquid if necessary. Serve with empanadas.

MIXED SALAD A LITTLE BENT

1 head of boston lettuce, cut into strips
a cup or two of chopped radicchio
some chopped curly endive
1 or 2 bunches of chopped watercress
1 or 2 firm, ripe mangoes, peeled and shredded
1 C. seedless grapes, slice in half
1 c. sweet peppers, sliced into rings
1 red onion, peeled and thinly sliced
2 ripe avocados
1/4 C. vegan mayonnaise
lemon juice
balsamic vinegar

olive oil
salt and pepper to taste
red pepper flakes
sunflower seeds

Marinate the onion slices in some balsamic vinegar, lemon juice, olive oil and salt or tamari for a little while. Set aside.

Peel and pit the avocados and mash them in a bowl with some lemon juice, salt, red pepper flakes, olive oil and balsamic vinegar to taste. Stir in the vegan mayonnaise and mix well. Set aside.

Toss all of your greens in a salad bowl with a little salt. Add the mango and grapes and a bit of sugar if you wish. Pour in most of the dressing and toss, coating evenly. Place the pepper rings on top and pour the rest of the dressing over this. With a slotted spoon, lay the marinated onion slices on top. Sprinkle with freshly cracked black pepper to taste and sunflower seeds.

VERY HORSEY LATKES

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These high-impact latkes with their strong bite are accompanied by a playful and cool tasting sauce, with a bit of garlic and clove added to liven up its personality.

- 2 potatoes, peeled and grated
- 1 parsnip, peeled and grated
- 2 or more Tbsp. fresh horseradish, peeled and grated
- 1 peeled, grated carrot
- 1/2 C. grated granny smith apple
- 2 Tbsp.. tahini or tahini salad dressing
- 2 Tbsp.. lemon juice
- 2 minced garlic cloves
- 1/2 sp. caraway seeds
- 1/4 C. minced chervil, sorrel or parsley (or all three!)
- 1 Tbsp. smashed capers
- 1/3 C. flour to bind the mixture (a bit of cornstarch may be added)
- prepared horseradish to taste
- salt and pepper to taste

Mix the ingredients together and let stand for several minutes. Again, a bit of baking powder may be added if you wish. Adjust the seasonings to taste. 16



Fry 1/4 C. lumps of batter in oil in a skillet over medium heat, flattening with a spatula and turning once, until cooked and browned on both sides. Serve with sauce.

The potatoes may be parboiled first if you like, be sure they are cooled before you grate them in this case.

Makes around 16

Pear-Dill Sauce

1 lb. soft silken tofu

1/2 C. lemon juice

1/4 C. chopped fresh dill

2 diced pears

3 Tbsp. olive oil

salt, pepper, paprika and sugar to taste

2 minced garlic cloves

2 Tbsp. grated onion

1/2 C. water or broth

a bit of white wine

1/4 tsp. ground cloves

Puree tofu with lemon juice, water, dill, garlic, half of the olive oil, onion and salt, pepper, paprika and

sugar (if necessary). Adjust flavors to taste and set aside to flavor up a bit.

Heat the rest of the oil in a saucepan and cook the pears with a bit of wine, salt, pepper, sugar, paprika and ground cloves with the lid on, stirring occasionally, until soft. Add the pears to tofu mixture and adjust seasonings to taste. Serve with latkes.

SQUASH LATKES

These healthful delights are coupled with an exciting soul-inspired salsa that will allow you to have some fun in the kitchen.

3 C. julienne squash (crook neck, pattipan, zucchini, or other with edible skin)

1/2 C. grated onion

2 minced garlic cloves

2 Tbsp. toasted pumpkin or sunflower seeds


1 tsp. crushed coriander berries

1/2 tsp. ground cardamom

1 tsp. chili powder

1/3 C. chopped cilantro

salt and pepper to taste



1/3 C. flour (more as needed)
1 tsp. corn or potato starch
several Tbsp. orange juice

Mix the ingredients together and let stand for several minutes. Adjust seasonings.

As before, you may add some baking powder if you wish. Fry 1/4 C. or 1/3 C. lumps of batter in oil over medium heat. Flatten with a spatula, turning once, and cook until browned and done on both sides. Serve with sauce.

Grated orange peel and chopped nuts may be added. Shredded carrots, cauliflower or broccoli are also good additions.

Makes 12 to 16 or so

Cherry Pecan Salsa

1 C. toasted pecans, chopped
2/3 C. halved, pitted cherries
2 minced Fresno chilies (more to taste)
1 minced bell pepper, any color
1 small minced white onion
1 tsp. chili powder
1 tsp. paprika
1/2 C. chopped cilantro

2 Tbsp. minced fresh oregano or sage
1/2 tsp. ground coriander
1/2 tsp. toasted whole cumin seed
1/3 C. shredded or chopped orange pulp
1/3 C. olive oil
1 Tbsp. red wine or cider vinegar
salt, pepper, cayenne, allspice, lemon or lime juice
and sugar to taste
a sprinkle of Kirsch, Rum or Tequila

Mix ingredients together and allow flavors to steep for half an hour before serving. Adjust seasonings to taste.

VEGAN "CHICKEN" AND ZUCCHINI-GARLIC SOUP WITH FRIED SHOESTRING POTATOES AND MUNG BEAN SPROUTS

8 C. water
2 Tbsp. or 2 cubes of vegetarian bouillon (use
"chickeny" or "golden")
1 tsp. minced ginger

1 peeled, julienne sweet potato
1 minced red bell pepper
1 minced hot and spicy pepper
several peeled, julienne carrots
4 minced garlic cloves
a handful of minced herbs- chives, savory and
oregano make a nice combination
black pepper to taste
2 bay leaves
1 tsp. salt- more to taste
1 lb. zucchini, cut into thin strips
1 chopped onion
1 lb. chopped or shredded seasoned vegan "chicken"
chili powder
turmeric
1 potato
olive oil as needed
some mung bean sprouts

Bring to boil in a large pot the ingredients from
water to bay leaves, reduce to a simmer and keep at
this speed for 20 minutes. Meanwhile, fry the
zucchini and onion in some olive oil, adding salt and
pepper to taste until lightly browned. Add to soup at
the 20 minute mark and cook for another 10 minutes. 21

Whilst this is happening, fry the seasoned vegan "chicken" in some olive oil until browned- season this however you wish, being sure to add turmeric and chili powder. Set aside.

Cut the potato into shoestrings and pat off some of the moisture with paper towels. Fry in oil in a hot/ medium hot skillet (or a deep fryer!) and salt liberally. When brown and crispy, remove from oil and set on a plate with absorbent paper to take off some of the grease.

Stir the fried "chicken" into the soup and serve, garnished with the fried shoestring potatoes and mung bean sprouts. Add sambal or chili sauce to taste.

How about some quick and easy Indonesian stuff for you-

PEANUT-BREADED TEMPEH

Marinate one or two lbs. of sliced seasoned tempeh in minced garlic, soy sauce, curry, peanut oil, lime juice and other seasonings to taste.

Make a breading by grinding up a cup of toasted peanuts. Add a several Tbsp. of toasted rice flour, salt and black pepper, powdered ginger and chili powder to taste.

Dip the tempeh slices in breading and fry in shallow peanut oil, turning, until browned on both sides.

Mix with some fried onions, and fried bell pepper strips, cilantro and thai basil. Serve with noodles and accompaniments.

BAHMI

Your call on amounts:

Dry Chinese Rice Noodles

Shredded leeks and onions

Sliced bamboo and water chestnut

Chinese cabbage

Julienne carrots

Minced garlic

Minced ginger

Mung bean sprouts

Shredded vegan "pork" or "chicken" type substance
seitan works fine

Soy sauce

Cilantro and basil

Fry the "pork" in some sesame or peanut oil, set aside. Soak the noodles in some warm water. Drain them. Cover again in water and bring to a boil. Turn off the heat and soak the noodles until tender but not too soft. Drain. Fry the cabbage, leeks, carrots, ginger and garlic for a few minutes. Add a bit of water or rice wine, sprouts, water chestnut and bamboo and simmer for a few minutes. Add the noodles and stir, add soy sauce, cilantro and basil and stir in pork, tossing quickly. Remove from heat and serve with the rest.

SAMBAL OELEK

1/4 C. Red chili flakes, toasted
1 Tbsp. sesame oil
1 Tbsp. peanut oil
1 Tbsp. lemon juice
salt, grated lemon peel and black pepper to taste
1 Tbsp. rice vinegar
2 minced garlic cloves
1/4 C. minced onion

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Mix together or puree all and let stand in refrigerator overnight. Adjust seasonings. Use as a condiment for this dish.

PISANG GORENG

A bunch of firm bananas
1/4 C. soy sauce
juice of 1 lime
sugar to taste
1 tsp. curry powder
1 tsp. chili powder
1/2 C. chopped cilantro
oil for frying

Peel and halve the bananas lengthwise and coat in the soy sauce, lime, sugar, curry powder and chili powder. Heat some oil in a large skillet. Fry bananas for a minute or two on each side until golden. Garnish with cilantro and sprinkle with more lime juice and some hot sauce. Serve with the other stuff.

QUICK SPICY ACHAR

1 1/4 C. seasoned rice vinegar

salt, black pepper and chili flakes
4 carrots, cut into strips
2 cucumbers, cut into strips
2 yellow zucchini, cut into strips
2 daikon radish or turnips, cut into strips
juice of 1 lemon
1 tsp. toasted cumin seeds
1 tsp. coriander berries
4 crushed cardamom pods
1 tsp. black sesame seed
1 Tbsp. chili sauce
1/2 C. ground roasted and salted peanuts
1/4 C. peanut oil
1/2 C. chopped cilantro

Blanch the vegetables in salted water mixed with 1 C. vinegar to cover. Drain, mix with the rest of the ingredients (except peanuts and half of the cilantro, but of course don't forget the extra 1/4 C. of vinegar) and allow to cool in the fridge until ready to serve. Sprinkle with cilantro and peanuts on the plate.

SIDES FOR THIS:

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Pea Shoots with Rice Vinegar; Mung Bean Sprouts;
Diced Mango with Lime Juice; Peeled Sliced
Cucumber in Seasoned Chili Oil; Toasted Coconut;
any exciting Chutney or Sambal

DEEP FRIED SPIRAL CURRIED RICE
PANCAKES
WITH SPICY LIME COCONUT and also FRESH
MANGO RELISH

Pancakes:

1 C. rice flour
1 C. white flour
1 tsp. salt
1/4 C. sugar
small white onion, minced
handful of chopped cilantro
1 tsp. cumin seed
2 tsp. curry powder
2 tsp. baking powder
1/2 tsp. cinnamon
1 tsp. powdered fenugreek
1 tsp. onion powder
2 tsp. cornstarch
1 C. coconut milk

1 Tbsp. sesame oil
1 C. soy or rice milk
2 Tbsp. rice vinegar

Mix all together to form batter, adding more liquid if necessary, salt and sugar to taste. Heat oil for frying (peanut is best) in a wok. Using a small pitcher or pastry tube, pour 1/3 c. of batter into the pan in a continuous spiral. Cook until brown and puffy, flipping once using tongs or two spatulas. Drain on absorbent paper and dust with flavorful chili powder. Serve with chutneys.

SPICY LIME COCONUT

(this is my most popular condiment)

Mix together:

1 C. toasted flake coconut, with a bit of salt and sugar
1/2 tsp. toasted whole cumin seed
2 Tbsp. sesame oil
1/4 C. corn oil
flesh of two shredded limes
2 Tbsp. lime juice (or more)
1 Tbsp. minced or finely grated lime peel

2 Tbsp. sambal (chili sauce)
1/4 C. minced cilantro
1/4 C. minced Thai basil
two or three hot chilies, seeded and minced
1 Tbsp. seasoned rice vinegar or plum vinegar
pinch curry powder
salt to taste
optional: a bit of minced or shredded onion may be added

Adjust seasonings to taste. Serve with spiral cakes.

FRESH MANGO RELISH


3 ripe mangoes, peeled, pitted and chopped
1 carrot, peeled and minced
1 Tbsp. minced fresh ginger
1 red bell pepper, seeded and chopped
1 or 2 small hot chilies, seeded and minced
2 garlic cloves, minced
chopped red onion to taste
1 tsp. hot curry powder or other enjoyable spice mix
(five spice or panch phoran are both okay)
2 Tbsp. corn oil or mix with sesame oil (more to taste)

1 Tbsp. sweet vinegar
1 Tbsp. lemon juice
salt and sweetener to taste
a handful of chopped cilantro
a bit of mint may be added as well

Stir together and allow to marinate for a bit.

PINEAPPLE GAZPACHO WITH DATES

1 pineapple, cleaned and chopped
1 C. orange or tomato juice
1 C. coconut milk
1 C. broth
2 spicy peppers, halved
1 small onion, grated
1 Tbsp. fresh ginger, peeled and grated
salt to taste
black pepper to taste
sugar to taste
1/4 C. fresh, chopped parsley
a handful of chopped herbs, be sure to include some
mint in there
several Tbsp. lemon juice



2 Tbsp. olive oil
1 C. whole dates
chopped chives
and : extra pineapple
 minced bell pepper
 peeled, minced carrot
 thinly sliced, lightly salted tomato
 sliced avocado
 extra chopped chives
 chopped cilantro
 toasted coconut

Puree all but the dates and extra ingredients, set those aside. Pit and chop the dates and garnish soup bowls with these and the extras.

- Adjust seasonings to your tastes, if a purely sweet version is desired, omit olive oil, salt, spicy pepper, chives and onion, use more fruit juice instead of broth and use only the fresh mint rather than a mix of herbs.

You can also make this as a hot or cooked soup if you want to.

BEET AND SPINACH SALAD WITH FRESH HORSERADISH

2 beets, peeled, julienne, blanched and drained
1 bunch spinach, chopped
1 red onion, thinly sliced
salt to taste
minced herbs
freshly grated, peeled horseradish to taste
olive oil
fresh lemon juice
fresh orange juice
black pepper
optional- for an even more pungent salad, add
chopped grapefruit wedges
for a happier time, thinly sliced oranges
toasted walnuts are a good garnish for this

Mix together herbs, lemon juice, salt, olive oil, orange juice and horseradish to taste. Mix the red onion with this dressing, allow to flavor up, only for a few minutes, then toss with the beets and spinach and serve. Sprinkle with freshly ground black pepper.

The beets may be used raw instead of cooked if you wish.

MELON SKEWERS

For each skewer:

1 wedge of cantaloupe

1 wedge of honeydew melon or watermelon

2 slices vegan "lunchmeat" (of course, feel free to omit this if it offends your sensibilities)

2 large pitted olives, stuffed olives are great for this

2 roasted red or yellow pepper strips

2 large basil leaves

2 cherry tomatoes

four large seedless grapes

also, compose a tasty marinade of wine vinegar, olive oil, salt, pepper, paprika, fines herbs, lemon juice and minced garlic to taste

Marinate "lunchmeat" slices and melon for half an hour or so in the refrigerator. Prepare your kebabs. Place two grapes on your skewer, sliding them down almost to the base, next wrap the cantaloupe wedge

in a vegan "lunchmeat slice" and a basil leaf and slide it onto the skewer, followed by an olive wrapped in roasted pepper strip, a cherry tomato, another olive in roasted pepper strip, the other cherry tomato, then the piece of honeydew wrapped in the same fashion as the cantaloupe wedge, and finally the last two grapes. This will make for a real crowd on a stick, but we like plenty better than want! Serve with the following dipping sauces and some flatbread or pita.

POMEGRANATE SAVORY DIP

Mix to taste pomegranate concentrate, olive oil, tamari, lemon juice and some sweetener. It will not take very much pomegranate to make this strong. You may add fruit juice to thin it out if necessary, orange works well.

VEGAN YOGURT SAUCE

1. Blend together 1 C. vegan sour cream with juice of 1 lemon, 2 minced garlic cloves, a handful of chopped herbs (a mix of dill, mint and flat leafed parsley), and a few Tbsp. of olive oil. Salt to taste and adjust seasonings, thin out with soy milk if need be. This is also good with the bean and artichoke

puree. This will be, as they say in California, hella sour.



FINEST FIGS

1 pint fresh figs
1/3 C. sweet wine
1/3 C. date sugar
2 Tbsp. minced mint
1/4 C. balsamic vinegar (a fig vinegar would be smashing!)

Blend wine, sugar, mint and vinegar. Adjust seasonings to taste and set aside. Split the figs and marinate with the sauce for a short while.

Serve on small dessert plates. Your lovely garnishes can be ribbons of lemon and orange peel with mint sprigs.

For a nice beverage to go with it all, may I suggested a sparkling mineral water spritzer with orange-tangerine juice, using frozen grapes instead of ice cubes! Garnish with citrus wedges.



SIMPLE FOUL WITH ARTICHOKE

1 C. cooked garbanzo beans
1 C. cooked fava beans or butter beans (which are nice if you hate fava beans!)
1/2 C. pickled artichoke hearts
1/2 to 3/4 C. veggie broth or bean broth
1/3 C. olive oil
1/4 C. lemon juice
4 garlic cloves, coarsely chopped
1 small white onion, coarsely chopped
1 or 2 small red chilies, halved
salt, pepper and cinnamon to taste
a handful each of fresh parsley, oregano or marjoram and dill
red pepper flakes to taste

Puree all of this in a food processor, adding more liquid if necessary. Adjust seasonings to taste. Drizzle with some olive oil and garnish with chopped herbs, minced white onion and pine nuts, if desired.

Serve this with some delicious flatbread or pita.

FATTOUSH

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1 bunch romaine lettuce, chopped
2 cucumbers, peeled and diced
1 C. radishes, chopped
1 red onion, thinly sliced
2 medium tomatoes, diced
1 small bunch flat leafed parsley, chopped
1 small bunch mint, chopped
1 C. pita bread chips
2 to 3 tsp. red wine vinegar
1 Tbsp. lemon juice
1/4 C. olive oil
3 minced garlic cloves
1 tsp. sumac powder
salt, pepper and red pepper flakes to taste

Mix together vinegar, lemon juice, olive oil, garlic, sumac, salt and pepper and allow to sit for several minutes.

Toss dressing with all ingredients except pita bread chips in a salad bowl. Adjust seasonings to taste. Sprinkle pita chips on top and toss quickly. Serve very soon thereafter.

SEASONED TOFU "FISH" WITH BLACK OLIVE
SAUCE AND GARLIC LINGUINE

This recipe will give you four filets.

1 lb.of seasoned, baked tofu
2 sheets of roasted sushi nori
soy sauce
lemon juice
orange juice
minced onion
minced garlic
olive oil
chopped basil
chopped oregano
flake seaweed
black pepper
chili flakes
plum vinegar
paprika
lemon slices
any other desired spices, particularly ground
coriander and nutmeg

Slice the tofu into four cutlets, you want them to be relatively thin. Set them in a pan.

Create a marinade of the other ingredients except for the seaweed sheets to taste, it should be fairly salty. Coat the tofu slices with this and marinate them for an hour, turning a few times during this period. Next, sprinkle any additional desired seasonings or some leftover herbs on the tofu. Cut the nori sheets in half lengthwise and wrap one half around each tofu slice, so that one end of the seaweed will fold over the other end, creating a seam. By the way, this is lovely with a few sage or basil leaves wrapped inside along with the tofu. Heat some olive oil in a skillet and fry the seaweed-wrapped tofu, with the seam side down, for a few minutes. Turn and fry on the other side until browned. Serve with the following sauce and pasta.

BLACK OLIVE SAUCE

1/4 C olive oil

3 cloves minced garlic

1 small minced white onion

a handful of chopped marjoram

1 minced red bell pepper

1 minced carrot

a handful of chopped basil leaves

39

1 C minced black olives (a combination of different sorts is great!)

2 Tbsp. red wine vinegar

1 tsp. grated orange peel

paprika, chili flakes, salt and pepper to taste

mushroom broth and orange juice to thin the mixture if necessary

2 Tbsp. smashed capers

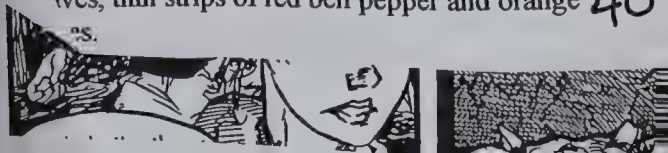
Sauté garlic and onions in olive oil with a bit of salt and pepper. When the garlic begins to turn a light brown add marjoram, bell pepper and carrot, with some seasoning. Stir and cook for a minute.

Add carrot and a bit of mushroom broth or orange juice, and cook for another minute. Add the basil, olives, vinegar and orange peel, with more seasoning (including salt and pepper) and cook for another minute or two. Add capers and adjust seasonings, stir and remove from heat, adding more liquid if necessary.

Finish by drizzling with some olive oil and lemon juice, balsamic vinegar is another possible addition.

Spoon over the tofu "fish" and decorate with basil leaves, thin strips of red bell pepper and orange


40



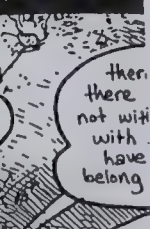


GARLIC LINGUINE

Dry linguine for four
5 or 6 minced cloves of garlic
several Tbsp. olive oil
salt and pepper and red pepper flakes to taste
a handful each of minced parsley and chives

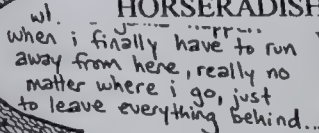


Boil linguine and drain according to package instructions. Sauté garlic in olive oil with a pinch of salt until browned. Stir in the linguine, tossing and cook for a minute or two. Add the parsley and chives and stir briefly, remove from heat and toss with additional salt and pepper. Serve with the tofu and sauce.



A simple salad of spinach or mixed greens, thin onion slices, sliced oranges and toasted pine nuts a lightly fruity vinaigrette is a good accompaniment to this dish.

DAIKON AND APPLE SALAD WITH FRESH HORSE RADISH



when i finally have to run away from here, really no matter where i go, just to leave everything behind...

2 C. Daikon, peeled and minced
2 C. Apple, minced and sprinkled with salt and
lemon juice (I use Pink Ladies, Fuji or Jonogold or
something similar for the pretty colors)
1/2 C. shredded shiitake mushroom
2 tsp. peeled, grated fresh horseradish (more to taste,
use wasabi if you can afford it)
1 Carrot, shredded
1 tsp. ground mixed peppercorns
1/4 C. parsley, chopped
1/4 C. Chervil, minced
1 hot Japanese pepper, minced
1 tsp. finely grated lemon peel
1 Tbsp. rice vinegar (more to taste)
1 tsp. finely grated ginger
2 Tbsp. oil (half olive, half sesame or some mix)
lemon juice and salt to taste
greens, such as mizuna or watercress may be added

Place ingredients through chervil in a salad bowl and
toss. Mix the others in a small bowl and toss into
salad.

SEASONED SUMMER ROLLS

42

* You will want to make sure that your lettuce leaves can be folded without breaking

12 large lettuce leaves, cleaned

2/3 C. rice

1/2 C. chopped onion

1/2 C. grated fresh burdock root (save a little extra)

1/4 C. chopped cilantro

1 Tbsp. minced ginger

1 tsp. fresh grated ginger (more to taste)

1/2 C. fresh grated carrot

1 or 2 minced hot red chilies

1 Tbsp. soy sauce

1 Tbsp. molasses

1 Tbsp. rice vinegar

1 tsp. chili powder

1 tsp. minced lemongrass

1 tsp. ground turmeric

1/2 tsp. ground coriander

1/2 tsp. ground cinnamon

salt to taste

Cook the rice with all of the other ingredients except lettuce leaves, carrot and grated ginger. Allow to cool down a bit, then add a bit more burdock root

and seasonings to taste. Place a dollop of the mixture in a lettuce leaf and fold to make a bundle. Secure with toothpicks if necessary. These will make rather loose packages.

* Additions- dried fruits, spicy pickle, some tamarind sauce or chutney or a bit of sambal can make this more exciting.

CHILI-PUMPKIN SEED CORN ON THE COB

4 ears of corn, husks and silk removed

1 tsp. hot chili powder

1/2 C. tamari roasted pumpkin seeds (more if needed)

margarine, salt and pepper to taste

lime juice

Grind pumpkin seeds with chili powder and black pepper to taste, until a coarse powder. Set aside. Boil some water and drop the corn into it. Bring to simmer, cover and turn off the heat. Allow corn to sit for 8 to 10 minutes. Drain. Rub the ears with margarine, and sprinkle with lime juice, salt and pepper to taste. Roll in the ground pumpkin seed

mixture. Broil on a pan, turning once, until done to your liking. (Or grill it if you prefer)

DEEP-FRIED BARBECUE STUBBIES

1 lb. tempeh or seasoned tofu, cut into short strips
(or some fake meat concoction)

3/4 C. fine cornmeal

1/4 C. flour

1 1/2 tsp. chili powder

1/2 tsp. baking powder

salt and pepper

peanut or vegetable oil for deep-frying

Barbecue Sauce

2 Tbsp. tomato paste

2 Tbsp. molasses

pinch of ground sage

pinch of ground oregano

1/2 tsp. liquid smoke

1/2 C. tomato sauce

1 tsp. onion powder

1 Tbsp. brown sugar

2 Tbsp. hot sauce

45

2 Tbsp. tamari (plus more to taste)
lemon juice, black pepper and hickory salt to taste

Mix the barbecue sauce ingredients together and set aside for a while. Baste the tempeh strips with this. Set aside. Now mix the dry ingredients at the top together. Coat the basted tempeh stubbies with this mixture and refrigerate for half an hour. Deep fry in oil until browned, drain on absorbent paper. Serve with hot sauce and your favorite dipping sauces. ▲

SPICY HOE CAKES

2 Tbsp. melted shortening
1 tsp. salt
1/2 tsp. black pepper
1 C. white cornmeal
1/4 C. flour
1 tsp. cornstarch
1 tsp. baking powder
2 tsp. sugar
1 C. boiling water
1 tsp. spicy chili powder
some oil or shortening to fry

46

Mix flour, chili powder, cornmeal, salt, sugar, cornstarch, black pepper and baking powder. Add the melted shortening. Mix in boiling water gradually to make a wet dough (you may not need to add all of it). Form the mixture into 1/2" thick cakes 3" in diameter. Fry in hot oil in a skillet over medium heat, turning, until browned on both sides. Serve with blackeyed pea salsa and some fried veggie bacon.

BLACKEYED PEA SALSA

1 C. cooked blackeyed peas
1/2 C. chopped green tomatoes
1/2 C. corn
1 chopped green bell pepper
1 chopped red bell pepper
1 minced red onion
3 minced Fresno chilies
1 1/2 tsp. chili powder
1/2 tsp. cayenne pepper or chili flakes
1/2 tsp. smashed coriander
a pinch or two of cinnamon
1/2 C. minced celery

1/2 C. chopped parsley
2 Tbsp. olive oil
salt, pepper, vinegar, lemon or lime juice, and black
pepper to taste
a bit of hickory salt may be added

Mix all together and allow to stand for a bit to flavor
up. Stir and adjust seasonings. Serve with hoe cakes.

CURRIED BANANA SANDWICHES

2 large, ripe bananas, mashed with
2 Tbsp. lemon juice
1 Tbsp. peanut oil
1 1/2 tsp. hot curry powder
1/2 C. vegan cream cheese
2 Tbsp. minced cilantro
3 minced garlic cloves
1 tsp. dried onion flakes or 2 Tbsp. fresh grated
onion
salt and pepper to taste
pinch of sugar
a couple of pinches of red pepper flakes
some mung bean sprouts
margarine

watercress

an even number of bread slices

Mix together ingredients through red pepper flakes. Allow to stand for a bit in the refrigerator, covered, then adjust seasonings. Spread some margarine on bread slices, spread some of curried banana mixture on this, then top with chopped watercress and mung bean sprouts. Cover with another bread slice of course, then cut into cute little sandwiches.

SPICY ASPARAGUS TAPENADE

1 C. blanched, chopped asparagus

1 Tbsp. capers, smashed

1/4 C. chopped marjoram

1/4 C. chopped tarragon

1 diced tomato

3 cloves minced garlic

1 small red onion, chopped

1 C. minced or mashed mixed olives, spicy ones if possible

1/2 C. chopped toasted almonds

several Tbsp. olive oil

balsamic vinegar and lemon juice to taste

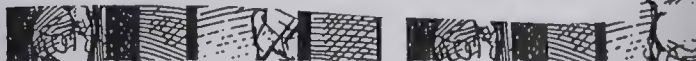
a spot of tamari
2 minced hot red chilies
red pepper flakes to taste
salt and pepper to taste

Mix together and allow flavors to mingle for a little while. Serve with toasted bread rounds or crackers.

SPICY BASIL TURNIP AND TOFU

1 lb. extra firm tofu, drained and cut into strips
2 lbs. peeled turnip, cut into strips, blanched and drained
1/4 C. grated galangal
1 C. thai basil leaves
1/4 C. chopped cilantro
4 minced garlic cloves
2 Tbsp. minced ginger
1 Tbsp. rice syrup or other sweetener, if desired
2 or more minced red thai chilies
1 tsp. minced lemongrass
1 tsp. grated lime peel
2 Tbsp. lime juice
soy sauce to taste

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2 or 3 Tbsp. peanut or corn oil
black pepper, salt and red chili flakes to taste

Sprinkle tofu with some soy sauce, black pepper, chili flakes and lime juice (some hot curry or chili powder may be added if desired- Burmese style would be best). Set aside. Heat oil in a large skillet or wok over medium/ medium high heat. After a few minutes, add garlic, ginger, chilies, lemongrass and turnip. After 2 minutes, add rice syrup, more soy sauce, rice syrup and half of the basil and toss in the pan. Add the rest of the ingredients and continue cooking for a few minutes more. Adjust seasonings. Serve with rice or noodles.

CRANBERRY, SORREL AND PEARL ONION HOT AND SOUR SOUP

8 C. broth (a golden type)
1 C. dried cranberries
2 or 3 C. chopped sorrel or spinach
2 C. peeled pearl onions
1 1/2 tsp. minced lemongrass
1 tsp. salt (more or less to taste)
2 minced chilies, perhaps one red and one green) 51

3 minced garlic cloves
chili flakes and black pepper to taste
1/4 C. lemon juice
2 Tbsp. miso (more to taste)
4 myrtle leaves (or use lime leaf)
a bit of oil

Boil broth with salt, myrtle leaves, pepper, chili flakes, lemongrass and cranberries. Lower to simmer and cook for 10 minutes. While this is going on, heat oil in a skillet and quickly sauté the onions and sorrel with some chili flakes, pepper, garlic and a bit of salt. Cook until the greens wilt and add to the soup pot. Continue simmering soup for another 15 minutes. Add minced chilies and lemon juice and simmer for 5 minutes more. Adjust seasonings and stir in miso.

SAKE-TO-ME-TINI

2 parts vodka
1 part dry sake
a few black peppercorns
Ice
A slice of daikon radish, cut into cute shape

A slice of ginger, cut into cute shape ,

Shake vodka, sake and peppercorns with ice. Strain into cocktail glass and garnish with radish and ginger slice.

KING GINGER WITH A KICK

1 part ginger brandy
1 part peach schnapps
2 parts bourbon
4 parts ginger ale
mint sprig

Shake ginger brandy, peach schnapps and bourbon and pour over ice in a highball glass. Top off with ginger ale, garnish with a mint sprig.

SWEET ICED TEA WITH MANGO SYRUP

1 quart water
4 to 6 tea bags
1 bunch chopped mint
1 C. sugar
1 C. mango juice

1 Tbsp. lemon juice
1 tsp. peeled, finely grated ginger
lemon slices
peeled, chopped mango

Boil water, pour over tea bags and 1/2 C. sugar. Add mint and allow to steep/ cool in the refrigerator. Meanwhile, boil mango juice, ginger and rest of the sugar. Lower to a simmer and continue to cook, stirring, for about 10 minutes, until thickened a bit. Add lemon juice. Allow this to cool also. When all is nice and cold, pour tea over ice in a tall glass (strain out the mint leaves and tea bags of course), then pour in some mango syrup. Garnish with lemon slices and chopped mango, serve with long iced tea spoons.

SPIKED CACTUS COOLER WITH LIMES

1 part tequila or rum
2 parts cactus juice
1 tsp. white curaçao
1 part sweet lime juice
lime wedges

54

Pour in order over ice in an old fashioned or sidecar glass. If you want you can do this in a highball glass instead and top with spicy ginger ale or some other exciting soda or sweet coconut milk. Garnish with lime wedges.

AMETHYST

2 parts white rum
1 part blue curaçao
dash of grenadine
seltzer water (or grape soda)
lime and orange wedge

Mix rum, curaçao and grenadine and pour over ice in a purty glass. Top off with seltzer or soda. Flavored seltzer can be very nice. Garnish with the nice fruit, maybe even frozen grapes.

FIRE EATER

Chill all ingredients for this. More alcohol can be added, of course.

1 shot ginger brandy
spicy ginger ale
1 shot cinnamon schnapps

Pour ginger brandy into a tallish glass. Fill half full with ginger ale. Drop a shot glass filled with cinnamon schnapps into this and chug the damn thing.

SCORPION

Juice may be increased in this drink. Definitely it stings.

- 1 part light rum
- 1 part dark rum
- 1 part brandy (or yet another rum!)
- 2 parts orange juice
- 1 part sweet lime juice
- a dash of almond syrup or amaretto
- a spot of pineapple syrup

Shake and pour in a large snifter over ice. Serve with cutesy wutesy umbrella, cherry, etc.

MAI TAI

Juice may be increased in this drink, you wuss-

- 2 parts rum

1 part fruit flavored rum
1/2 part triple sec
1 part pineapple juice
1 part orange juice
a dash of almond syrup
a dash of grenadine

Shake and pour over ice in a nice tropical looking glass. Serve with cherry and a lime wedge on a little umbrella.

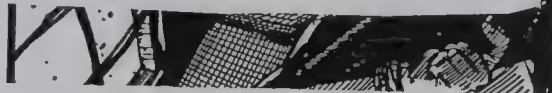
SINGAPORE SLING

2 parts sloe gin
1 part cherry brandy
1 part Benedictine
dash of lime juice or lemon juice
club soda

Shake gin, brandy, lime juice and Benedictine. Pour over ice in a highball glass, top with soda. Garnish with a lime wedge, orange slice and cherry on a sword.

TYPHOON

57



2 parts gin
1 part anisette
1 part lime juice
4 crushed cardamom pods
champagne

Shake gin, anisette, cardamom and lime juice with ice. Strain into a chilled glass, top with champagne. Add a little flotsam to make it look more exciting.

STAR OF BOMBAY

2 parts gin (Bombay Sapphire, the obvious choice)
1 part cardamom liqueur or anisette
3 parts mango juice
1 part sweet lime juice
soda or ginger ale
slice of starfruit

Shake gin, liqueur and juices and pour over ice into a lovely glass. Top with soda and sliced starfruit.

TEQUILA SUNDOWN

A couple of dashes of grenadine
2 parts tequila
3 parts orange-mango juice
blue curaçao

Pour ingredients in order over ice in a tumbler.
Finish with a curaçao float. A little midori can be
thrown in there too if you wish.

MIDORI MURDER

1 part coconut rum
1 part dark rum
1 part fruit rum
1 part triple sec
2 parts midori
2 parts pineapple juice
2 parts pomegranate juice
a few dashes of grenadine
2 parts lime juice

Over ice in a highball glass, pour in order half of the
midori, pomegranate juice, lime juice and grenadine,
then the three rums shaken with the pineapple juice
and triple sec and poured in between. Then repeat

the first layer. Garnish with honeydew melon wedge and a cherry.

STRIPED TIGER

(this is an ungodly sweet drink)

orange-mango syrup to taste/ as needed

tamarind syrup to taste/ as needed

2 parts crème de cassis

2 parts rum

1 part amaretto

4 parts sweetened coconut milk

2 parts orange-mango juice

1 part lime juice

Shake lime juice, coconut milk, orange-mango juice, rum and amaretto with ice. Strain and pour over ice in a large glass to your liking this mixture in several layers with the other ingredients to make some stripes.

ZOMBIE

2 parts dark rum

2 parts 151

60

1 part crème de noyeaux
1 part crème de banane
2 parts orange juice
1 part pineapple juice
1 part triple sec
1 part lime juice
1 part apricot brandy

Shake and pour over ice or layer it as you please,
usually with a 151 float at the top.

BUTT PIRATE

2 parts rum
1 part white chocolate liqueur
1 part frangelico
cream soda
coconut milk mixed with vanilla silk creamer

Shake rum, liqueur and frangelico and pour over ice
in a highball glass. Top with soda and a cream float.

TOP AND BOTTOM

2 parts coconut rum

61

1 part white chocolate liqueur
2 parts apricot brandy
1 part apricot juice
1 part vanilla vodka
seltzer water or soda

Shake rum, liqueur and brandy and pour over ice.
Top with soda. Finish with a float of apricot juice
shaken with vanilla vodka. Throw in a cherry.

STARCH-MY-SHORTS

2 parts rum
2 parts coconut rum
2 parts white curaçao
1 part crème de cacao
4 parts cream (vanilla silk always good)
1 part 151

Shake all but 151 and pour over ice. Float 151 on
top.

FRUIT BAT

4 parts strong fruit-flavored rum

62

1 part crème de banane
1 part apricot brandy
1 part midori
1 part anisette
1 part strawberry schnapps
2 parts orange juice
2 parts pineapple juice
a few pieces of black licorice, bats if you can find them

Place licorice in the bottom of a glass. Place ice on top and pour anisette over. Follow this with rum, banane, orange juice, rum, apricot, pineapple juice, rum, midori, rum, strawberry.
Hey you're all set!

BIG STIFFY

It's painful at first but the rest goes down easy.

1 part Kahlua
1 part crème de noyeaux
1 part cream
float of Stroh 80 Rum or 151

63

In a tall, skinny glass (or shake with ice and pour in a glass and then float the rum on top), layer this in order and chug it with your mouth like a Blowjob.

STRAWBERRY WINE

2 bottles red wine

2 pints strawberries

1 C. sugar

juice of 1 lemon

juice of 1 orange

1/4 C. chopped ginger

1 crushed cinnamon stick

8 crushed cardamom pods

optional- strawberry, lingonberry or blackberry
syrup may be added

In a big huge pitcher, mash strawberries and add sugar, lemon juice, and spice and 1 C. of the wine and mash again. Add the rest of the wine and stir.

Allow to chill overnight or for a few hours, stirring every once in a while. Serve chilled or over ice with some of the strawberries in it.

SANGRIA

64

2 bottles of red wine
 2 sliced oranges
 2 sliced lemons
 2 sliced limes
 some spice- ginger, cinnamon, cardamom, nutmeg,
 etc. if desired
 8 oz. chopped pineapple
 2 sliced tangerines
 more fruit to garnish

Mix all but the garnish, mashing the fruit up a bit.
 About a cup of fruit juice of choice may be added to
 this if you wish, sugar also if desired. Allow to steep
 for a couple of hours, stir and serve. It can be topped
 off with soda or some other business if you like or
 have some hard stuff added, but really it isn't
 necessary. Garnish with more fruit.

MELON LASSI

This rules!

For every two drinks:

1 C chopped honeydew melon
 2 T lemon juice

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1/2 C coconut milk

1/2 C lemon vegan yogurt

pinch salt

sweetener and ground cardamom to taste

1/2 C to 1 C vegan milk (vanilla is good, or get honeydew soy if you can find it!)

1. Blend all until smooth, serve over ice.

Some extra chopped or shredded melon may be added to this on top for extra melony goodness.

GUAVA, AVOCADO AND MANGO PARFAIT

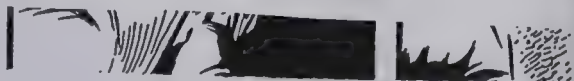
Here's an easy one.

Layer in Parfait glasses or glass dessert bowls...

First a few slices of guava sprinkled with ground cardamom, lime juice, sugar and vanilla to taste.

Next lay on top of this sliced avocado and sprinkle with cinnamon, sugar and lemon juice. Cover with coconut milk. Then, cover with chopped or sliced mango and sprinkle this with orange juice and sugar. Finish with some chopped toasted brazil nuts with a pinch of salt and yet more sugar.

66



On this one, the sugar can be deleted for something between courses rather than a dessert.

* Any of the following ices can be blended with some alcohol later to make a thrilling drink!

DELIGHTFUL PEAR SORBET-ICE

1 C. sugar
1/2 C. water or pear juice
pinch cinnamon
pinch cardamom, if desired
2 tsp. vanilla
4 large soft, ripe pears
2 Tbsp. amaretto or 1/2 tsp. almond extract
1/2 C. Gewürtztraminer or pear cider
1/2 C. vanilla soy milk
juice of 1/2 lemon
pinch salt

Simmer sugar, water and spice for several minutes, stirring. Set aside. Chop pears and puree in a blender with the rest of ingredients except salt until smooth. Rub a bit of salt on the inside of a nice freezable container. Add pear puree and whisk in sugar

mixture until well incorporated. Cover with plastic wrap and freeze, stirring thoroughly every half hour, until frozen.

If it becomes terribly hard or is allowed to freeze overnight, simply allow it to thaw at room temperature for 15 minutes or so before serving.

EASIEST CITROEN IN THE WORLD

Frozen lemonade
Vanilla Silk creamer

Blend in equal portions until smooth. Freeze, covered, stirring occasionally until to your liking. A bit of citron vodka can be added to this to make it more fun. You may also stir in ribbons of chilled lemon curd or lemon jelly.

CHOVACADO

1 C. chocolate soymilk
1 C. coconut milk
1 C. sugar
4 ripe avocados
1/4 C. lime juice

- 1/2 C. chocolate chips
- 1/4 C. chocolate liqueur
- 1 tsp. grated lime peel

Simmer coconut milk with sugar for several minutes, stirring. Remove from heat and stir in chocolate chips until melted. Set aside. Blend until smooth avocado meat, lime juice, chocolate soymilk and liqueur. Mix all of this business together with lime peel and place in a freezer-proof container, covered. Freeze, stirring occasionally, until this is the texture you desire.

Once somebody that eats raw claimed to me that frozen banana was the best ice cream. They were deluded, but maybe on the right track. This is better.

CHIQUITA BOY

- 3 lbs. bananas
- 1/4 C. crème de banane
- 1 C. coconut milk
- 1/4 C. vodka
- 1/4 C. lemon juice
- scrapings of a vanilla bean, my friend

69

1 C. orange juice
1 C. vanilla silk creamer
pinch of salt
1 C. sugar (more to taste)
4 crushed cardamom pods

This time simmer the sugar with orange juice and cardamom, stirring occasionally, for about 10 minutes. Add vanilla about halfway through. Set aside. Blend the rest (make sure to peel bananas) until smooth, mix it all together, then freeze, stirring every 15 minutes until good and ready.

STRAWBERRY SOYGURT SLAYRIDE

Here, take

2 pints strawberries
2 pints vegan strawberry yogurt
1/4 C. crème de cassis or blackberry brandy
1/2 C. vanilla silk creamer
1 tsp. vanilla
2 tsp. peeled, grated ginger
sugar syrup to taste

70



Blend all until smooth, freeze, stirring every once in a while, until thou art right pleased.

CITRUS PARFAIT

2 tangerines

1 grapefruit

2 oranges

2 pears

1 C. raspberries

1 C. pineapple

1 C. seedless grapes

1 tsp. rosewater

lemon juice to taste

1 pint strawberries

8 oz. vegan cream cheese

1/2 C. sugar

1 C. chopped/ ground salted pistachios

Blend vegan cream cheese with strawberries, some lemon juice and sugar to taste. Chill. Chop the various fruits (peel and seed the citrus) and mix with some sugar and rosewater. Layer in parfait glasses with strawberry cream, sprinkling with pistachios as needed.

WHITE CHOCOLATE AND FRUIT PARFAIT WITH LIQUEUR AND VEGAN CREAM

Per serving:

1 sliced chilled banana

1/2 C. chilled seedless grapes

1/2 C. sliced chilled strawberries

1/2 C. vegan cream cheese mixed with lemon juice,
vanilla and sugar to taste

1/4 C. melted vegan white chocolate (mix with a bit
of veg. Cream when melting)

cinnamon sugar to taste

2 Tbsp. chocolate liqueur

chocolate shavings

Lay grapes in a glass and sprinkle with cinnamon sugar. Lay some cream mixture on this. Next the bananas, sprinkle with some sugar and lemon juice. Then the white chocolate. Next some cream, followed by the strawberries and a bit of sugar. Pour the liqueur over this. Top with remaining cream mixture, chocolate shavings and sprinkle with cinnamon sugar.

ESPECIALLY DRUNKEN FRUIT SALAD

4 sliced bananas
2 chopped pears
2 chopped sour apples
2 chopped kiwi fruits
1 C. chopped pineapple
2 ripe firm, chopped plums
4 chopped apricots
1/2 C. pomegranate seeds
2 chopped mangoes
1/2 C. edible flowers
1/2 tsp. ground cardamom
1 tsp. minced ginger
lemon juice and sugar to taste
1/3 C. Grand Marnier
2 Tbsp. amaretto
1/2 tsp. mint extract
1/4 C. chopped mint
1 tsp. poppy seeds
any other fruit

Mix all of this together and chill. Pretty, delicious
and a bit heady.

PEACHY KEEN

- 6 C. chopped peaches
- 2 tsp. vanilla
- 1/4 C. peach schnapps
- 2 Tbsp. lemon juice
- 1 tsp. cinnamon
- 1 C. sugar
- 1 C. vanilla soymilk

Melt the sugar in soymilk, stirring. Allow to cool down a bit. Puree the rest of the ingredients until smooth, adding some of the sugar goo as needed. Blend all together and freeze, stirring on occasion, until frozen to your liking.

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SUGGESTED MENUS FOR A WILD DINNER PARTY OR LUNCHEON

- BLAZING TOFU w/ SEASONED RICE (p.1)
- SALT CUCUMBER (p.3)
- CURRIED PINEAPPLE "CREAM CHEESE" (p.3)
- * ADD - SPIRAL RICE PANCAKES (p.27)
w/ LIME COCONUT (p.28) & MANGO RELISH (p.29)
IF YOU DARE!

- MELON LASSI (p.65)
- STAR OF BOMBAY (p.58)

↑ THIS HAS BEEN A CUSTOMER
FAVORITE, WITH GREAT CONTRASTING
FLAVORS & TEXTURES

- "CHICKEN" YASSA w/ LEMON RICE (p.4)
- LEMON-LIME AVOCADO SALAD (p.5)
- GUAVA PARFAIT (p.66)
- STRAWBERRY WINE (p.64)
- VARIOUS SIDES, FRUITS & PICKLES 75
- CURRIED BANANA SANDWICHES (p.48)

↑ EASY TO LIKE WEST AFRICAN,
DON'T BE AFRAID OF THE BANANA SANDWICH!

- MELON SKEWERS (p. 33) POMEGRANATE SAUCE (p. 34)
- SPLIT FIGS (p. 35)
- FATTOUSH (p. 36)
- FOUL w/ ARTICHOKE (p. 35)
- WHITE CHOCOLATE & FRUIT PARFAIT (p. 72)
- AMETHYST (p. 55)

↑ A MODEST MEDITERRANEAN INFUSED MENU, FEEL FREE TO SPICE IT UP MORE.
GOOD WITH RICE & KEBAB

- TOFU FISH (p. 37) w/ BLACK OLIVE SAUCE (p. 38)
- GARLIC LINGUINE (p. 41)
- SALAD w/ ORANGES & PINEAPPLES (p. 41)
- PEAR SORBET (p. 67)
- SANGRIA (p. 64)

↑ ANOTHER MEDITERRANEAN DELIGHT,
A HIZAT SECRET CAFE

- HORSEY LATKES (p. 15) w/ PEAR-DILL SAUCE (p. 17)
- BEET & SPINACH SALAD w/ HORSE RADISH (p. 37)
- PINEAPPLE GAZPACHOW DATES (p. 30)
- ASPARAGUS TAPENADE (p. 49) w/ TOASTED
- CITRUS PARFAIT (p. 71) BAGUETTE
- TEQUILA SUNDOWN (p. 58) 76

↑ GREAT, SUBTLE MENU ↑

- FIRE "BEEF" (p. 7) w/ FRIED NOODLES
- DAIKON AND APPLE SALAD (p. 41)
- SUMMER ROLLS (p. 42)
- CHIQUITA BOY (p. 69)
- SCORPION^(p. 56) OR MAI TAI (p. 56)
- FIRE EATERS (p. 55) OR SAKE TO ME TINKS (p. 52)

↑ AN EXCELLENT SUMMERTIME AFFAIR!

- SQUASH LATKES w/ CHERRY PEGAN (p. 18) SALSA (p. 19)
- CRANBERRY, SORREL & PEARL ONION HOT & SOUR SOUP (p. 51)
- PUMPKIN SEED CORN ON THE COB (p. 44)
- STRAWBERRY SLAYRIDE (p. 70)
- TOP AND BOTTOM (p. 61)

serve with a salad

↑ HOMEY & INTRIGUING, IN THE FALL, SERVE WITH SOME BAKED OR FRIED, STUFFED FIELD ROASTOR TURKEY!

- SPICY HOE CAKES (p. 46) w/ BLACK EYED
PEA SALSA (p. 47)
- BARBECUE STUBBLES (p. 45)
- PEACHY KEEN (p. 74)
- KING GINGER (p. 53)
- ICED TEA w/ MANGO (p. 53) or CACTUS
COOLER (p. 54)

Serve with salad
 ↑ FROM MLK ISSUE OF SATYA, NEW
 + IMPROVED, I MAKE THIS STUFF A LOT

- ZUCCHINI SOUP w/ SHOESTRING POTATOES (p. 2)
- PEANUT BREADED TEMPEH (p. 22)
- SAMBAL (p. 24) - PISANG GORENG (p. 25)
- BAHAM (p. 23) - SPICY ACHAR (p. 25)
- SINGAPORE SLING (p. 57) OR TYPHOON (p. 5)

Serve with suggested sides

- CHOVACADO (p. 68)

↑ INDONESIAN STYLINGS, A GOOD
 PLACE TO START, MAKE IT YOUR OWN! 😊

- SPICY CAMPANABAS (p. 12) / HERB SAUCE (p. 13)
- PLANTAIN CHIPS (p. 11) - BENT SALAD (p. 14)
- DRUNKEN FRUIT SALAD (p. 73)
- STRIPED TIGERS (p. 60)

↑ THERE'S A WILD ONE, SOMETHING
 AMUSING TO ENTICE ~

DRINKING "FRUIT BATS" (p. 62) + CRITI-
CIZING EVERYTHING YOU DO.

HOT TIPS - I HAVE INCLUDED
MEAL MENUS, SOME OF WHICH ARE
PERHAPS A BIT OVER THE TOP - BUT
REALIZE THAT A DELIGHTFULLY EASY
LOMBÓ CAN BE HAD WITH GUESTS -
SUCH AS CURRIED BANANA SAND-
WICHES WITH SINGAPORE SLINGS
OR STARCH-MY-SHORTS SERVED
WITH WHITE CHOCOLATE & FRUIT PARFAITS.
- SPEAKING OF DRINKING, IF YOU MAKE
ITCHERS OF CERTAIN BEVERAGES,
PARTICULARLY MAI-TAI, SCORPION
OR ZOMBIE, YOU WILL PROBABLY
WANT TO INCREASE JUICE PROPORTIONS.
LASTLY, SERVE THESE WITH NICE
LITTLE ACCOMPANIMENTS WHEN MAKING
THE DISHES - SUCH AS PICKLED CHILES,
FRESH FRUITS, STRIPS OF BELL PEPPER &
JICAMA, SALSAS, SAMBALS & CHUTNEYS.
THAT'S WHAT I DO & I MAKE THIS
SHIT ALL THE TIME. HAVE A BALL! -JP

HEY!

DUE TO THE FACT THAT THIS HERE PAPHYRUS IS "FUN SIZE" - I DECIDED IT WOULD ALSO BE FUN TO PUT THE INTRO IN THE BACK & WRITE IT BY HAND FOR THAT PERSONAL TOUCH WE ALL KNOW & LOVE! "FIRE AND ICE" IS INTENDED TO BE A ONE-OFF, BRIEFLY AVAILABLE, ENJOYABLE ROMP THROUGH SOME OF MY SPICIER & CONTRASTED MENUS. A SAMPLER OF MY MODESTLY HOT & COOL OFFERINGS. THERE IS PLENTY OF ROOM TO PLAY AROUND, ADJUST & EXPERIMENT WITH THESE, SO PLEASE HAVE A GOOD TIME DOING SO. THE THRILLING ALCOHOLIC BEVERAGES IN HERE WILL KEEP THEE WELL LUBRICATED & "WHISTLING WHILE YOU WORK". IF YOU NEED TO MAKE THOSE "VIRGIN" COH, I DON'T BELIEVE IT FOR A MOMENT USE YOUR IMAGINATION. IMAGINATION IS WHAT THIS IS LARGELY ABOUT, AS IN, IMAGINE I AM THERE IN YOUR KITCHEN,

80

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DELICIOUS THIS WAY COMES: SPELLBINDING
VEGAN COOKERY," "TWELVE KNIGHTS
IN MY KINGDOM" (NOW OUT OF PRINT),
AND "DUTCH MUCH?" HE ALSO USED
TO SING FOR LOTS OF CRUMMY PUNK
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